

Patient payments and health behaviors: stick or carrot?

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STELLINGEN

Behorende bij het proefschrift

Patient Payments and Health Behaviors: Stick or Carrot?

Reza Rezayatmand

27 November 2014

1. Out-of-pocket payments are a double edged sword for prevention. They reduce the demand for preventive services, and at the same time, they have the potential to encourage preventive activities such as a healthier lifestyle (This dissertation).
2. Evidence suggests that extended health insurance coverage is associated with a healthier lifestyle which contradicts the notion of ex-ante moral hazard (This dissertation).
3. Evidence suggests that people with a healthier lifestyle have more extensive health care cost coverage which contradicts the notion of adverse selection (This dissertation).
4. A uniform prescription to effectively and efficiently encourage healthy behavior does not exist. Contingent on the context, each behavior deserves a separate treatment (This dissertation).
5. In a carrot and stick approach to promote health behavior, the potential of out-of-pocket payments as a stick is doubtful, given its effects on solidarity and freedom of choice (This dissertation).
6. Doing a PhD study abroad is like doing two studies at the same time. One study happens in academia and the other in the society you live in.
7. Social science research is like an iceberg in an ocean. What is visible is just a very small part of reality.
8. Making a million friends is not a miracle. The miracle is to make a friend who will stand by you when millions are against you (unknown quote).
9. Live as if you were to die tomorrow, learn as if you were to live forever (Gandhi).
10. It is a big mistake if you don't learn the language your children can speak.